



**Respect yourself. Protect yourself.**

**Teens—like all workers—have the right to a safe and healthy workplace.**

**16-17 Years Old (enrolled in school, including home-school)**

You can work:  
Up to 4 hours on a school day; 8 hours on the last school day of the week  
Up to 20 hours in any week with 3 or more school days  
Except: 8 hours each day with unscheduled school closure for a total of 28 hours that week (e.g., storm day, broken furnace, etc.)  
Up to 50 hours each week with less than 3 scheduled school days, or during the first or last week of the school year  
Up to 10 hours a day on weekends, holidays, vacations, teacher workshop days  
No more than 6 days in a row

How early? How late?  
Not before 7 a.m. on a school day  
Not before 5 a.m. on a non-school day  
Not after 10 p.m. the night before a school day  
Until midnight if there is no school the next day  
Minors under 17 cannot work during school hours

Did you know that you can't:  
operate most power machinery • serve alcohol (unless you are 17 and are supervised by someone 21 or older) • drive for work (with some exceptions) • do most roofing jobs • do other dangerous jobs

**Under 16 (work permit required!)**

You can work:  
Up to 3 hours a day on school days, including Fridays  
Up to 18 hours in any week with one or more school days  
Up to 8 hours on days without school (during weekends, holidays, vacations, storm days, etc.)  
Up to 40 hours in a week with no school days  
Never more than 6 days in a row

How early? How late?  
Between 7 a.m. and 7 p.m.  
Between 7 a.m. and 9 p.m. during summer vacations only  
Not during school hours

Did you know that you can't:  
do work that 16- and 17-year-olds can't do • cook • work as a chamber maid • climb ladders or scaffolds • use weed whackers or lawn mowers • serve or sell liquor (if your 15 you can stock or carry it) • do other dangerous jobs

**If you are under 16, you need a work permit!**

Apply at your school. You can start work only after the Maine Department of Labor approves the permit.

**Know your rights.  
Speak up if you think  
there's a problem.**

These are not complete lists. There are exceptions, and rules differ for farm work. For details, call the Maine Department of Labor at 1-877-SAFE-345  
TTY: 1-800-794-1110 (DEAF AND HARD OF HEARING).

*Got questions? Call toll-free*

**1-877-SAFE-345**

**www.safeteen.org**

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A program of the  
Maine Department of Labor